**MCPS COMPETITIVE FOODS PROCEDURES**

**WHY COMPETITIVE FOODS PROCEDURES?**

* Children and teens spend many of their waking hours in school and eat a large portion of their daily calories while in school.
* As a result, schools should be healthy places for students in all respects, including providing meals and snacks that provide nutrition and not just empty calories.
* Schools strive to support the healthy lifestyles to which our families are committed.
* MCPS strives to provide a culture of wellness for students and staff.
* Students who receive good nutrition achieve better academically.
* Schools are joining the fight to reduce the increase in chronic disease among our children and teens such as: childhood obesity and Type 2 diabetes.

**GOAL.**

Reimbursable school meals programs should be the primary source of foods and beverages offered at school. All other foods and beverages sold or offered to students on school grounds must contribute to a healthy lifestyle and not add unnecessary calories, fat, sugar, sodium, or additives.

**FOODS ADDRESSED BY THESE PROCEDURES.**

These procedures are designed to address “competitive foods” available to students during the regular and extended school day outside the school food service program, such as:

* School stores
* Vending machines
* Fundraising during the school and extended school day
* Rewards, incentives, and snacks provided by staff for hungry students
* Classroom celebrations

**FOODS NOT ADDRESSED BY THESE PROCEDURES.**

Areas which are not subject to these procedures include:

* Brown bag lunches
* Snacks from home for individual student consumption (although parents are encouraged to provide nutritious snacks for their student).
* Teacher workrooms
* Concessions and other fundraising outside the school day where student consumption can be monitored by parents

Families and students shall be encouraged to participate in reimbursable school meals programs; at the same time, schools will also make clear that lunches from home are welcome. Schools will discourage students from sharing their foods or beverages with one another during meal or snack times, given concerns about allergies and other restrictions on some children’s diets.

**NUTRITION STANDARDS.**

***Fruits, vegetables, whole grains, combination products, snack foods, nonfat and low-fat dairy products, per portion as packaged:***

< 200 calories

< 35% total calories from fat (< 3.5 grams per 100 calories)

< 10% of calories from saturated fat (< 1 gram per 100 calories)

Trans-fat free

< 35% total calories from sugars (sugar grams divided by total weight in grams of serving)

< 480 mg sodium

Nuts, seeds, trail mix: <1.75 oz serving with 7 grams (trail mix) or less of fat and 5 grams or less sugar.

Yogurt: Low – or non-fat < 30 grams sugar per 8 oz.

Cheese: 100% real, part-skim, reduced fat < 1.5 oz serving

***Beverages:***

***Elementary Schools***

* Bottled water
* Juice: Up to 8 oz. serving of 100% fruit juice with no sugar added up to 120 calories per 8 oz.
* Milk: Up to 8 oz serving of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.

***Middle Schools***

* Bottled water
* Juice: Up to 10 oz serving of 100% fruit juice with no sugar added up to 120 calories per 8 oz.
* Milk: Up to 10 oz serving of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.

***High Schools***

* Bottled water
* Juice: Up to 12 oz servings of 100% fruit juice with no sugar added up to 120 calories per 8 oz
* Milk: Up to 12 oz servings of low-fat or non-fat regular or flavored milk up to 150 calories per 8 oz.
* Flavored water/diet soda up to 10 calories per 8 oz with no serving size limit.
* Sports drinks and light juices: Limit 12 oz serving with no more than 66 calories per 8 oz.
* Coffee: Up to 12 oz servings caffeinated or de-caffeinated, single shot drinks made with non-fat milk, sugar-free flavoring

**FOOD SALES OVERSIGHT.**

Building principals must approve the sale, sales location, and sales scheduling of all foods and beverages on school grounds (including vending machines, school stores, coffee carts, snack bars, and concession stands) to assure nutritional integrity and to control their possible competition with the reimbursable school meals program. All items available for sale must comply with the nutrition standards included in this procedure. Vending machines, school stores, coffee carts, snack bars, and concession stands will be placed in areas of low student traffic away from school meals dining areas. All revenues from the sales of foods or beverages in vending machines, school stores, coffee carts, snack bars, and concessions stands will accrue to the school meals program or the student organizations approved by the building principal.

Foods and beverages sold during athletic events, musical and dramatic performances, and other evening and weekend events attended by adult visitors are encouraged to meet nutrition standards described above; however, each such food or beverage item must be approved in advance by the building principal.

**VENDING CONTRACTS.**

Contracts or agreements with commercial food and beverage vendors shall be publicly and competitively bid in accordance with procurement requirements set forth in *\_\_\_\_\_\_ policy/procedure*. All items available for sale must comply with the nutrition standards included in this procedure. Contracts shall be reviewed by the district food service supervisor to assure consistency with all provisions of this procedure before final approval by the MCPS Board of Trustees.

**FOODS AND BEVERAGES AS REWARD, INCENTIVE, TEACHING AID OR WELCOME.**

Foods and beverages shall not be used or provided as a reward, incentive, teaching or welcoming aid.

**FUNDRAISING.**

School organizations engaged in fundraising activities on-site at the school before, during, and after the school day may only sell foods and beverages that comply with the nutrition standards included in this procedure. Foods or beverages may only be sold during school hours thirty minutes after the last lunch period with approval by the building principal. Organizations engaged in fundraising are encouraged to sell services or items other than foods and beverages.

Foods and beverages sold during athletic events, musical and dramatic performances, and other evening and weekend events attended by adult visitors are encouraged to meet nutrition standards described above; however, each such food or beverage item must be approved in advance by the building principal.

**CLASSROOM CELEBRATIONS.**

Schools will limit classroom celebrations that involve food during the school day to no more than one party per class per month, held after the last lunch period. Each party will include no more than one food or beverage that does not meet nutrition standards for foods and beverages. The district will disseminate a list of healthy party ideas to parents and teachers.